

# News



Macomb County Library

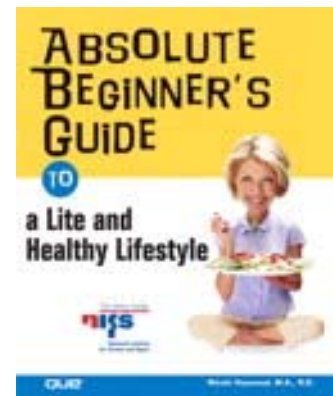
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## **Library's e-Book of the month focuses on healthy lifestyle**

CLINTON TOWNSHIP, Mich. – Macomb County residents fed up with on-again, off-again diets and temporary results are encouraged to check out this month's e-book, *Absolute Beginner's Guide to a Lite and Healthy Lifestyle*, from the Macomb County Library.

Written by registered dietician Nicole Haywood and endorsed by the National Institute for Fitness and Sport, *Absolute Beginner's Guide to a Lite and Healthy Lifestyle* ignores fad diets and focuses on helping dieters make the lifestyle changes necessary for successful weight management.



Instead of focusing on body weight as the sole or most important measure of success, Haywood advises readers to start by letting go of the notion of perfection when it comes to health and start thinking about the process.

Provided through the support of Que Publishing, the full text of *Absolute Beginner's Guide to a Lite and Healthy Lifestyle* will be available online for Macomb County Library patrons through Jan. 31.

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To view the book, existing NetLibrary subscribers should visit [www.netLibrary.org](http://www.netLibrary.org) and log in. Those without NetLibrary accounts can view *Absolute Beginner's Guide to a Lite and Healthy Lifestyle* or create a NetLibrary account from any Macomb County Library computer.

For more information about NetLibrary or other services available through Macomb County Library, please contact a librarian at 596-286-6660.

The Macomb County Library is located at 16480 Hall Road (near Garfield), Clinton Township. The library is open 9 a.m. to 9 p.m. Monday through Thursday, 9 a.m. to 5 p.m. Friday and Saturday, and 1 p.m. to 5 p.m. Sunday from September through May. Click on [www.macombcountylibrary.org](http://www.macombcountylibrary.org) for dates and times of additional programs.

The Macomb County Library and its many programs and services are a public service of the Macomb County Board of Commissioners.

### **About Macomb County**

Macomb County is an enriching community in Southeastern Michigan that has one of the state's fastest rates of growth. Its 834,000 residents make it Michigan's third-largest county, with direct access to Lake St. Clair and Anchor Bay, and a host of cultural and entertainment options. Its highly skilled workforce and investment in new and expanding businesses make it open to enterprise. Active civic leadership translates into balanced budgets and Michigan's second-lowest tax rate. An increasingly diverse population and high quality of life make Macomb County accessible to all.

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